

## Classic Cream Puffs or Profiteroles

### Puff Pastry:

- 1 cup water
- 4 tablespoons butter
- 1 ½ cups sifted flour
- 2 tablespoons sugar
- ½ teaspoon salt
- 4 eggs, room temperature

Preheat oven to 450 F.

In a saucepan, boil water; add butter and melt. Combine flour, sugar, and salt; add to water all at once. With a wooden spoon, mix thoroughly and cook over medium heat about 4 minutes until mixture leaves sides of pan to form a soft dough. Cool 5 minutes. Add eggs, one at a time, beating well after each addition until pastry is smooth and shiny. Onto a lightly greased baked sheet, mound puffs with a spoon or a pastry bag to form either 2-inch cream puffs or 1-inch profiteroles, leaving 2 inches between each puff. Bake in a 450 F oven for 15 minutes; reduce heat to 325 F and bake 20 minutes until puffy and browned. Remove and slit each puff horizontally. Turn oven off and return puffs for 2 minutes, leaving door ajar to dry out puffs. Cook on rack; store in air-tight container until ready to fill.

Fill each pastry with ~2.5 tablespoons of prepared pudding.



*Nutritional Information on reverse side*

**Makes 12, 2-inch cream puffs**

### **Nutrition Information (per serving):**

**Calorie:** 150 kcal

**Protein:** 5.4 g

**Carbs:** 18.8 g

**Fat:** 5.6 g



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## Crepes

### Ingredients:

- 1 cup flour
- 1 ½ egg beaters
- 1 ½ cups milk
- 4 tablespoons butter
- 36 oz blueberry Greek yogurt (or any fruit)

In a large bowl, place flour and make a well in center. Add eggs and ½ cup milk. Beat, starting from center until batter is thick. Gradually in remaining cup milk until batter is consistency of light cream; it should just coat a spoon. Refrigerate at least 2 hours or preferably overnight. Stir well. If needed, add more milk to bring it back to light cream consistency. In a 6-in skillet, melt butter. Pour butter into batter and stir well. Wipe pan with paper towels and heat until a drop of water bounces. Spoon in 1 tablespoon of batter or just enough to cover bottom of skillet. Turn when top looks dry, or cook only on one side. Stir batter frequently. Recipe does not work with a crepe maker.

Spread 1 tbsp of Greek yogurt in middle of crepe and fold over.

To freeze: Stack with waxed paper in between each crepe, and wrap tightly in plastic. Thaw to room temperature.



*Nutritional Information on reverse side*

## Makes 16-20, 6-inch crepes

*(Freezes well)*

### Nutrition Information (per serving):

**Calorie:** 83.5 kcal

**Protein:** 6.3 g

**Carbs:** 12.7 g

**Fat:** .6 g



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## Curried Chicken Salad

### *Salad:*

- 2 cups diced cooked chicken
- ¼ cup sliced water chestnuts
- ½ pound green grapes, halved
- ½ cup coarsely chopped celery
- ½ cup toasted slivered almonds
- 1 8-oz can pineapple chunks, drained

### *Dressing:*

- ¾ cup mayonnaise
- 1 teaspoon curry powder
- 2 teaspoons soy sauce
- 2 teaspoons lemon juice

In a bowl, mix chicken with water chestnuts, grapes, celery, almonds, and pineapple. Combine dressing ingredients and add to chicken mixture. Refrigerate. Serve on lettuce or in half of a scooped-out pineapple.



*Nutritional Information on reverse side*

**Serves 8 to 10 people**

### **Nutrition Information (per serving):**

**Calorie:** 35.7 kcal

**Protein:** 2.4 g

**Carbs:** 5.3 g

**Fat:** .6 g



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## Dirty Rice

### Ingredients:

- ½ pound of chicken gizzards, thoroughly defrosted if frozen, trimmed of excess fat and coarsely chopped
- ½ pound chicken livers, thoroughly defrosted if frozen, and coarsely chopped
- 2 medium-sized onions, peeled and coarsely chopped
- 1 large green pepper, stemmed, seeded, deribbed, and coarsely chopped
- ½ cup coarsely chopped celery
- 2 tablespoons olive oil
- ½ teaspoon freshly ground black pepper
- 1 cup uncooked long-grain white rice (not the converted variety)
- 2 cups water
- ½ cup finely chopped fresh parsley

Put the chicken gizzards, chicken livers, onions, green pepper and celery through the finest blade of a food grinder. In a heavy 4- to 5-quart casserole, heat the olive oil over moderate heat until a light haze forms above it. Add the ground chicken mixture, stir in the salt and black pepper, and reduce the heat to low. Stirring occasionally, cook uncovered for about 1 hour, or until the bits of chicken are richly browned.

Meanwhile, place the rice in a heavy 1-quart pot, stir in the water and bring to a boil over high heat. Reduce the heat to low, cover tightly, and simmer for 20 to 25 minutes, or until the rice has absorbed all the liquid in the pan and the grains are tender. Remove the pan from the heat and let the rice rest, still tightly covered, for 10 minutes or so.

When the chicken mixture has cooked its allotted time, fluff the rice with a fork and add it to the casserole. With the fork, toss the rice and the chicken mixture together gently but thoroughly.

Taste for seasoning and stir in the parsley. Mound the dirty rice on a heated platter or a heated serving bowl and serve at once.

*Nutritional Information on reverse side*



**Serves 6 to 8 people**

### **Nutrition Information (per serving):**

**Calorie:** 191.5 kcal

**Protein:** 12g

**Carbs:** 22.5g

**Fat:** 5.5g



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## Gazpacho Mold

### Ingredients:

- 4 cups spicy tomato juice
- 2 tablespoons gelatin
- 1 tablespoon lemon juice
- ½ cup finely chopped celery
- ½ cup finely chopped onion
- ¼ cup finely chopped green pepper
- 1 hard-boiled egg, finely chopped
- ¼ teaspoon pepper

In a large bowl, dissolve gelatin in 2 cups tomato juice. In a saucepan, heat remaining 2 cups tomato juice and add to gelatin mixture. Add the remaining ingredients and pour into a greased 5-cup mold. Refrigerate.



*Nutritional Information on reverse side*

**Serves 8 to 10 people**

### Nutrition Information (per serving):

**Calorie:** 35.7 kcal

**Protein:** 2.4 g

**Carbs:** 5.3 g

**Fat:** .6 g



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## Jambalaya Seafood Gumbo

### Ingredients:

- 6 tablespoons oil
- 2 pounds okra, thinly sliced
- 1 tablespoon flour
- 2 cups finely chopped onions
- ½ cup finely chopped celery
- 2/3 cup finely chopped green pepper
- 1 cup finely chopped green onions
- 2 cloves garlic, pressed
- 1 6-oz can tomato paste
- 3 large bay leaves
- ¼ teaspoon thyme
- ½ teaspoon Tabasco
- ¼ teaspoon black pepper
- 1 tablespoon Worcestershire sauce
- 1 16-oz can whole tomatoes, cut up (reserve liquid)
- 7 cups water
- 2 pounds raw shrimp, washed, peeled, and deveined
- ¾ pound claw crabmeat
- 18 oysters and their liquid
- 2 tablespoons chopped fresh parsley
- 4-5 cups steamed rice



In a large, heavy skillet (not black iron), heat 4 tablespoons oil. Add okra and cook, stirring often until stringing stops, about 40-50 minutes. If necessary, add more oil to prevent burning.

In a 5-qt soup pot, heat remaining 2 tablespoons oil and gradually add flour, stirring constantly until roux is dark brown. Add onions and celery and cook until tender. Add green pepper, green onions, and garlic; cook 3 minutes. Stir in tomato paste, bay leaves, thyme, Tabasco, cayenne, black pepper, and water. Bring to a boil, cover and simmer 30 minutes. Add shrimp and crabmeat; continue to simmer, covered, 10 minutes. Add oysters with liquid and parsley, and cook 10 minutes. If too thick, thin with water. Serve over rice.

*Nutritional Information on reverse side*

**Serves 10 people**

*(Freezes well)*

### Nutrition Information (per serving):

**Calorie:** 357.6 kcal

**Protein:** 26 g

**Carbs:** 39.5 g

**Fat:** 11.8 g



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## Ratatouille Nicoise

### Ingredients:

- 2 tablespoons olive oil
- 2 tablespoons butter
- 2 cloves garlic, minced
- 1 ¾ cups thinly sliced yellow onions
- 1 pound zucchini, cubed
- 1 pound eggplant, peeled and cubed
- 2 tablespoons flour
- 2 green peppers, cut in strips
- ½ pound cherry tomatoes
- ¼ teaspoon pepper
- 1 teaspoon sugar

In a Dutch oven, melt butter and sauté garlic and onions 5 minutes.

Sprinkle zucchini and eggplant with flour. Place half the zucchini, eggplant, and green peppers into Dutch oven. Cover and cook 10 minutes, stirring occasionally. As mixture softens, add remaining zucchini, eggplant, green peppers, and tomatoes. Season with pepper and sugar. Cook 10 minutes.



Nutritional Information on reverse side  
Nutritional Information on reverse side

**Serves 8 to 10 people**

### Nutrition Information (per serving):

**Calorie:** 109 kcal

**Protein:** 1.9 g

**Carbs:** 9.5 g

**Fat:** 7.7 g



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# Shrimp Creole

## Ingredients:

- 12 medium-sized firm ripe tomatoes (or 4 cups coarsely chopped, drained canned tomatoes)
- 3 pounds uncooked medium-sized shrimp (about 20-24 per pound)
- 6 tablespoons vegetable oil
- 2 cups coarsely chopped onions
- 1 cup coarsely chopped green peppers
- 1 cup coarsely chopped celery
- 2 teaspoons finely chopped garlic
- 1 cup water
- 2 medium-sized bay leaves
- 1 tablespoon paprika
- ½ teaspoon ground hot red pepper (cayenne)
- 2 tablespoons cornstarch mixed with ¼ cup water
- 8 cups freshly cooked long grain white rice

## Dressing:

- ¼ cup mayonnaise
- 1 teaspoon curry powder
- 2 teaspoons soy sauce
- 2 teaspoons lemon juice



If you are using fresh tomatoes, drop them three to four at a time into a pan of boiling water and remove after 15 seconds. Run cold water over them and peel them with a small sharp knife. Cut out the stems, then slice the tomatoes in half crosswise, and squeeze the halves gently to remove the seeds and juice. Chop the tomatoes coarsely. (Canned tomatoes need only be thoroughly drained and chopped.) Shell the shrimp. Devein them by making a shallow incision down the back with a small sharp knife and lifting out the black or white intestinal vein with the point of the knife. Wash the shrimp in a colander set under cold running water and spread them on paper towels to drain.

In a heavy 4- to 5-quart casserole, heat the oil over moderate heat until a light haze forms above it. Add the onions, green peppers, celery and garlic and, stirring frequently, cook for about 3 minutes, or until the vegetables are soft and translucent but not brown.

Nutritional Information on reverse side  
Continued on reverse side

## Shrimp Creole (continued)

Stir in the tomatoes, water, bay leaves, paprika, and red pepper, and bring to a boil over high heat. Reduce the heat to low, cover the casserole partially and, stirring occasionally, simmer the mixture for 20-25 minutes, or until it is thick enough to hold its shape almost solidly in a spoon. Stir in the shrimp and continue to simmer, partially covered, for about 5 minutes longer, or until they are pink and firm to the touch.

Stir the cornstarch-and-water mixture once or twice to recombine it, and pour it into the casserole. Stir over low heat for 2-3 minutes, until the sauce thickens slightly. Pick out and discard the bay leaves, then taste the sauce for seasoning.

Serve the shrimp Creole at once, directly from the casserole, accompanied by the rice in a separate bowl. Or, if you prefer, mold the rice on a deep heated platter and ladle the shrimp creole around it.

**Serves 8 people**

## Nutrition Information (per serving):

**Calorie:** 532 kcal

**Protein:** 41.6 g

**Carbs:** 57.7 g

**Fat:** 14.7 g



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